

Amendments to the Claims:

This listing of claims replaces all prior versions and listings of claims in the application:

Listing of Claims:

1-15. (Cancelled)

16. (Currently Amended) A sleep-aiding device for reducing leg muscle cramping during sleep comprising:

a belt member being worn at a wearer's waist in use during sleep;

a first leg member ~~being~~ adapted to be worn in use during sleep, with an upper end portion attached at said belt member and a lower end portion attached at a lower portion of a wearer's first leg, said first leg member comprising a first strap member having an upper end attached to the belt member and an opposite lower end attached to a lower end portion, said lower end portion terminating in a first loop attached in use during sleep to a wearer's first leg, below the wearer's knee, at or above the wearer's ankle; and

a second leg member being worn in use during sleep, with an upper end portion attached at said belt member and a lower end portion attached at a lower portion of a wearer's second leg, said second leg member comprising a second strap portion having an upper end attached to the belt member and an opposite lower end attached to a lower end portion, said lower end portion terminating in a second loop attached in use during sleep to a wearer's second leg, below the wearer's knee, at or above the wearer's ankle;

said first leg member being adjustable to a predetermined length between attachment at said belt member and attachment at the lower portion of the wearer's first leg and said second leg member being adjustable to a predetermined length between attachment at said belt member and attachment at the lower portion of the wearer's second leg, said predetermined length of said first

leg member and said predetermined length of said second leg member being selected to restrict stretching of the wearer's legs to full extension during sleep.

17. (Previously Presented) The sleep-aiding device of claim 16, wherein each of said first loop and said second loop encircles the wearer's associated lower leg in use during sleep, below the wearer's knee, at or above the wearer's ankle.

18. (Previously Presented) The sleep-aiding device of claim 16, wherein each of said first leg member and said second leg member comprises a releasable fastener for attachment of said first loop and said second loop about each of the wearer's lower legs, below the wearer's knee, at or above the wearer's ankle.

19. (Previously Presented) The sleep-aiding device of claim 18, wherein each of said first loop and said second loop is adjustable to accommodate attachment to wearers of different lower leg dimensions, below the wearer's knee, at or above the wearer's ankle.

20. (Original) The sleep-aiding device of claim 18, wherein each of said releasable fasteners comprises cooperative hook-and-loop type fastener elements.